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## Iowa State Daily (Get Fit 01-31-2013)

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on the rise

# IOWA STATE DAILY



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Photo: Huiling Wu/Iowa State Daily

Mike Burns works out during a class at Farrell's eXtreme Bodyshaping on Jan. 18. Lisa Wildman, owner of Farrell's, said members often become friends after taking classes together.



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## Exercise

# Group fitness on the rise in Ames

By Katherine.Klingseis  
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Group fitness stepped, kicked and danced its way to being one of the most popular fitness trends in modern times.

In Ames alone, six group fitness facilities have opened in the last decade: Kosama, Farrell's eXtreme Bodyshaping, SureFire, Goals in Motion, Ignite Yoga and CrossFit. Ames Racquet and Fitness Center and ISU Recreation, which have been open for more than a decade, have also increased their group fitness offerings.

One of the reasons for the growth of group fitness is the accountability aspect associated with exercising with other people, said Kyle Van Winkle, owner of Kosama. He said he believes working out with others keeps people more accountable for keeping up with their workout regimes.

"You're working out with friends and you don't want to let them down," Van Winkle said.

Lisa Wildman, owner of Farrell's eXtreme Bodyshaping, agreed, saying she began attending group fitness classes at Farrell's because she was not seeing any results working out on her own.

"There was no one there to push me," Wildman said. "[At Farrell's,] there were people pushing each other. I liked it a lot better."

In addition to Farrell's coaches motivating members, class participants also motivate one another during their workouts, Wildman said. She explained how many of Farrell's members become friends after joining group fitness classes.

In fact, the formation of friendships in those classes is one reason why group fitness is so popular, said many owners of group fitness facilities in Ames.

Kim Mosiman, owner of Goals in Motion in Ames, said she believes the friendships developed at her gym are what makes her gym stand out.

"We develop real, true friendships," Mosiman said. "We built a family, more than anything else, and it's pretty easy to get into the family when you walk into the door."

Van Winkle said he believes the variety of workouts Kosama offers to its members is what makes his gym stand out in the group fitness crowd. He explained how Kosama offers its members different routines every day, which

## Options in Ames

### Ames Racquet and Fitness Center

- Fee: classes are free with membership. Membership pricing varies. Call or visit one of ARFC's locations for more information.

### CrossFit

- Fee: membership is \$115 per month, with a \$15 discount for students, law enforcement, firefighters and military.

### Kosama

- Fee: Eight-week sessions are usually \$349, but is \$299 for the session beginning Feb. 2. Eight-week sessions for students are \$199.

### Farrell's eXtreme Bodyshaping

- Fee: \$389 for 10-week session, with a \$50 discount for ISU students and veterans

### ISU Recreation

- Fee: free for ISU students, who pay an activity fee

### SureFire

- Fee: part-time two-month membership is \$99. Unlimited two-month membership is \$119. A year membership is \$899. There is a 10 percent discount for students.

### Goals in Motion

- Fee: membership is \$375, with a 10 percent discount if you join with a friend. Groups of more than four also get a discount.

### Ignite Yoga

- Fee: you can purchase unlimited packages or class cards, with discounts for students. Check out [igniteyoga.com](http://igniteyoga.com) for more information on pricing.

he believes helps to prevent people from getting bored with working out.

Like Kosama, Ames Racquet and Fitness Center helps its members fight boredom by offering them a variety of group fitness classes, said Mandy McGuire, group fitness director at Ames Racquet and Fitness Center. She said she believes group fitness is so popular because it offers people "variety, motivation and support."

McGuire also said she thinks the regularity of fitness classes help people remember to work out.

"I think people are more inclined to put [group fitness classes] on their schedule," McGuire said.

**Technology**

# Gaming and exercising



Photo courtesy of Wikipedia

## *Try getting in shape using virtual workout equipment*

**By Levi.Castle**  
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Over the past few years, video games have gained something that they used lack completely: fitness. Games that require more than just sitting on the couch are becoming incredibly popular, and the selection available today has something for nearly everybody.

First up are the games that ushered in this new genre of fitness + gaming. Arguably the most popular physical gaming experience for many years, these games (like Dance Dance

Revolution) are known for their iconic floor mats that plug into the console, allowing what was once an arcade-only activity into the living room. Before long, many more versions of the game came along, and it even became so popular that gym classes started hosting them as an actual activity.

Another popular form of gaming fitness was introduced when Nintendo's Wii delivered motion-controlled workouts. Introducing the Wii Fit in 2008, Nintendo raised the bar as to what fitness games were capable of. With detailed stat-tracking and numerous activities provided by the Wii Fit balance board, it gave customers a reason to come back and have some fun while working out again and again.

The Nintendo Wii is the best-selling mo-

tion-control gaming device to date, even if including Microsoft's Kinect and SONY's Move. Nintendo ushered in a new era of gaming with their motion-controlled devices, and the Kinect and Move were its competitors' answers. With the success of motion gaming, Nintendo didn't have the only ideas for how people could have fun moving.

Microsoft's Kinect for the Xbox 360 offers controller-free motion gaming. The sensor tracks full-body movement, allowing games like Nike+ Kinect Training to accurately and wholly detail exactly what a user might be doing right or wrong, as well as their consistency. Dance Central has the player mimick on-screen movement to the beat of today's most popular songs.

SONY's PlayStation 3 Move peripheral fea-

tures a tracking sensor much like the Kinect's, but also has the player hold a number of different items. These could be glowing remotes or an actual plastic gun housing that turns said controller into a virtual rifle. For example, the Just Dance series is much like the Dance Central one: Players move with what they see on screen while burning calories.

Dance and stat-tracking workout games aren't the only fitness options available. Also popular are titles like Rock Band, which requires players to take on the roles of individual band members. Skateboarding, platforming and other types of games also offer niche experiences.

As the video game market grows, there are many options for those who want to get up and move while they look at their TV.



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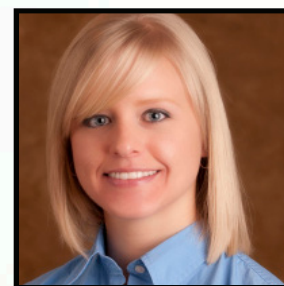
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## Nutrition

# Fad diets



*Learn whether risks outweigh benefits before trying 'miracle' weight loss plans*

**By Janey Rose Kinley**  
AmesEats Flavors writer

Achieving the new you is a daunting task, but according to fad diets everywhere, losing weight is easy and can happen in a snap. When new diets are popping up faster than butter-free popcorn in your microwave, it's hard to keep up. Sally Barclay, clinician in food science and human nutrition and registered dietitian, gives the lowdown on a few of these so-called "miracle diets."

## Raspberry ketones

This Dr. Oz-approved method of weight loss gained publicity after being featured on his show. Raspberry ketones are aromatic

compounds found in red raspberries as well as other fruits like peaches and grapes and even tree bark. This compound has been shown to affect adiponectin in mice. Adiponectin is the protein used to regulate metabolism, so ultimately raspberry ketones act as an enzyme raise basal metabolic rate. It is said that they will help break up fat more effectively, so a person burns fat faster. Raspberry ketones are normally sold as supplemental pills and are said to be 100 percent natural, even though the claim "natural" isn't federally regulated so anything can be labeled natural.

**Dietitian says:** There are few studies behind raspberry ketones, and what we know revolves around mice. There are no studies showing the clear scientific mechanism. People assume that plant compounds are natural and safe, but supplements do not require the same FDA approval as other medications.

## Paleo diet

Also known as the caveman diet, this has gained popularity in

the last year. The idea is to eat the foods that were consumed in the Paleolithic era. The thinking is that humans were never meant to digest post-agricultural foods. The diet calls for consuming fresh meat, seafood, fruits, vegetables, seeds, nuts and healthy oils. The Paleo diet eliminates dairy, cereal grains, legumes, refined sugars and processed foods. Supporters highlight the lack of chronic diseases during our ancestors' time and believe eating a similar diet high in protein and phytonutrients will yield the same results.

**Dietitian says:** This diet is a concern because it knocks out entire food groups like grains and dairy. Life was very different back in the Paleolithic era. People had higher caloric needs simply because of their way of life. The meat they ate was wild, not raised on a farm or in a feed lot. Some benefits to the diet include eating nutrient-rich, high-fiber and unprocessed foods, but eliminating food groups can mean missing out on key nutrients. This could mean less calcium and an increased risk of osteoporosis. It would also be expensive and socially difficult to eat with others.

## Juice cleanses

Endless assortments of magical juices have likely been flooding your Pinterest lately. Juice cleanses come in hundreds of varieties, all following the same premise of detoxifying our body systems and gaining renewed energy. These juices are typically made from fresh, organic fruits and vegetables and go through a cold pressure hydraulic method of extraction to preserve nutrients. Juice cleanses eliminate fat, protein and electrolytes, thus promising to give your digestive system a break.

**Dietitian says:** Juice cleanses aren't balanced or complete, and the longer you do them, the more dangerous it is for your body (especially for those with diabetes or kidney disorders). Clearly this isn't a sustainable diet and the absence of protein can actually cause a breakdown of lean body mass. Most people who experience weight loss really experience water loss and gain all the weight back once the cleanse ends. Furthermore, our bodies have natural detoxification systems supplied by the liver and kidneys. Clean eating can be a healthier and more sustainable method.

## Eight-hour diet

Nothing sounds better than a diet that allows you to eat whatever you want. However, there is a catch: The eight-hour diet says you must confine your eating to just eight hours a day while fasting for the remaining 16 hours. According to the diet's founder, David Zinczenko, confining eating to eight hours a day will sharpen your mind, reduce risk of heart disease and diabetes, and slow aging. The theory is that our bodies are like clocks, and we need a specific time to digest and selectively burn fat for energy.

**Dietitian says:** This diet may work to eliminate empty calories for someone who stays up and snacks all night, but it is more about overall lifestyle. Some people can only eat for eight hours a day and feel completely fine. For others, it may require revamping schedules, and the lack of food could cause fatigue or crankiness due to low glycemic levels.



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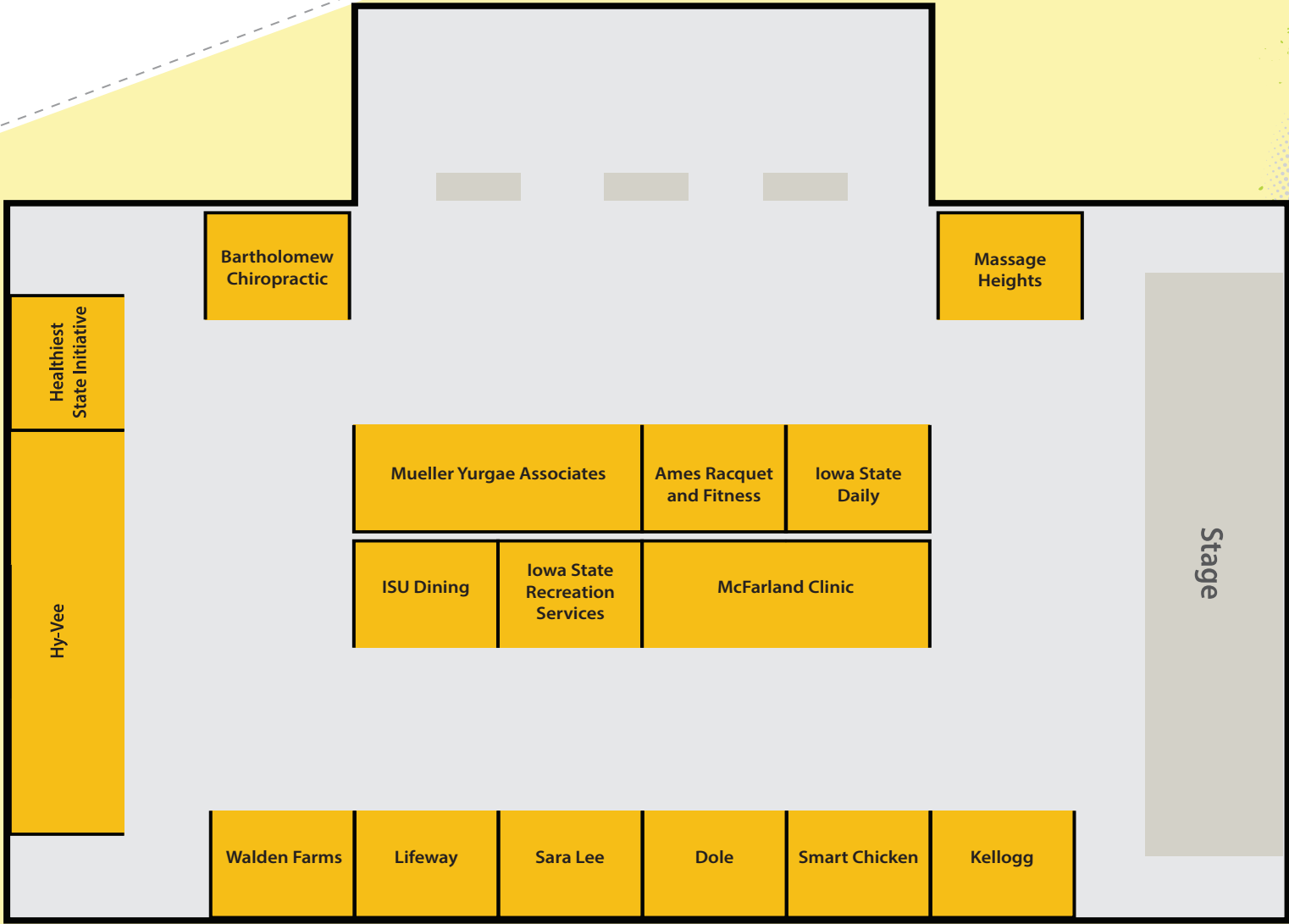
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